

ADULT FITNESS



DRAGON AND TIGER CHI KUNG s/c

Instructor: Keith Harrington

Chi Kung (a.k.a. Qigong) refers to traditional Chinese health exercises that are practiced daily by millions of people around the world. These exercises are so popular because they are easy to learn and very effective in increasing balance, flexibility, health, and overall well-being. Chi Kung exercises are less complicated than Tai Chi, although they come from the same family of Chinese energy exercises. In this class, you will learn Dragon and Tiger Chi Kung, one of the most efficient Chi Kung sets for improving your health and allowing you to feel your energy (Chi). It's easy to learn and practice; there are no difficult postures. Keith Harrington has been practicing Chi Kung and Chinese internal martial arts for 25 years.

January 8 – March 12

(No class January 15 or February 19)

353030 A1 – M – 8:00 am – 9:00am

Fee: R \$70 / NR \$90 – Eight classes



CHI KUNG: OPENING THE ENERGY GATES OF YOUR BODY s/c

Instructor Keith Harrington

In this class, you will be taught the Chi Kung set known as Opening the Energy Gates of Your Body. This set is appropriate for beginners. As part of this set you will work directly with your energy (Chi) to gently unravel energetic blockages and balance your energy. According to traditional Chinese medicine, energy blockages are the root of illness, pain, and discomfort. You will also gently open up your body, releasing areas of stiffness and discomfort. Through a series of uncomplicated movements, you will learn to relax and open your body, increasing your balance, flexibility, and overall well-being. No athletic ability is required.

January 10 – February 28

353030 B1 – W – 6:30pm – 7:30pm

Fee: R \$70 / NR \$90 – Eight classes

PILATES WITH PROPS s/c

Ages: 14 and up

Instructor: BodyMoves Fitness

Pilates with Props extends the benefits of Pilates by employing small apparatus including flex bands and sponge balls to increase the range of intensity of Pilates mat exercises. The latter weeks of class add an element of balance work through the use of the Swiss Ball. (material fee in class to purchase a burst-resistant, 55cm Swiss Ball from instructor or bring your own.)

Bring a mat to class.

January 9 – March 27

333500 A1 - T - 12:30 p.m. – 1:30 p.m.

Fee: R \$168 / NR \$188 - Twelve classes

TAI CHI CHAUN: THE ESSENCE

Instructor: Pu Chin Waide

Tai Chi Chaun is basically a martial art, but consists of a system of soft intrinsic exercises. It is the body controlled by the mind. It is this mind, which is actually the moving force present with every motion. All patterns and movements are composed of circles, arcs, curves, and spirals of all sizes going in all directions. Tai Chi Chaun builds good physique, as all muscles and joints are exercised. It will improve inner body health due to deep and concentrated breathing, cultivates patience and restraint, influences nervous, cardiovascular, respiratory and digestive systems and immensely improves balance, which normally deteriorates with age.

Beginner

January 8 - March 26 (No class January 10, 15, and February 19)

333030 A1 - M/W - 7:00 a.m. - 8:00 a.m.

Intermediate

January 9 - March 22 (No class January 11, and February 22)

333031 A1 - T/TH – 7:00 a.m. – 8:00 a.m.

Fee: R \$80 / NR \$100 – Twenty classes

PILATES MATWORK s/c

Ages: 14 and up

Instructor: Body Moves Fitness

Enjoy the numerous benefits of this popular discipline. Strengthen the torso, including the body's "powerhouse" area; enhance balance and muscle control while increasing flexibility and range of motion; develop proper body alignment, "lengthening" the spine, and connect mind to muscles using the breath and mental focus. **Bring your own mat.**

January 10 – March 28

333500 B1 - W - 7:00 p.m. – 8:00 p.m.

Fee: R \$168 / NR \$188 – Twelve classes

Adult Fitness



ADULT FITNESS

HATHA YOGA

Teens and Adults

Instructor: John Giunta, MA

Have fun while we gain flexibility, strength, improve concentration and achieve deeper union of body, mind and spirit with authentic yoga teachings. Dress for movement and bring a mat. John has made a pilgrimage to India, studying Vedanta and Raja yoga. He is senior teacher with nearly 30 years of teaching experience. A published author with numerous media appearances, he is also a certified Phoenix Rising Yoga Therapist and consultant on yoga listed with the George Mason University Arts Wellness Program.

Beginner

January 9 - March 13

333050 A1 - T - 7:00 p.m. - 8:30 p.m.

Fee: R \$90 / NR \$113 - Ten classes

January 22 - March 19 (No class February 19)

333050 C1 - M - 12:00 p.m. - 1:00 p.m.

Fee: R \$48 / NR \$60 - Eight classes/One hour

Beginner/Intermediate

January 13 - March 17

333050 B1 - S - 7:30 a.m. - 8:30 a.m.

Fee: R \$60 / NR \$75 - Ten classes/One hour

Advanced

January 11 - March 22 (No class February 22)

333051 A1 - TH - 7:00 p.m. - 8:30 p.m.

Fee: R \$90 / NR \$113 - Ten classes



KUNDALINI YOGA

Instructor: Hari Kaur Khalsa

Yoga is an ancient system of self-healing which combines yoga postures/specific breathing techniques and meditation into integrated systematic combinations which strengthen the body, relieve stress and increase self awareness. Bring an exercise mat and wear comfortable loose clothing.

January 18 - March 15 (No class February 22)

333052 A1 - TH - 9:30 a.m. - 11:00 a.m.

Fee: R \$72/ NR \$90 - Eight classes

YOGA SCULPT AND STRENGTH s/c

Ages 16 and up

Instructor: Body Moves Fitness

Integrate the advantages of muscle conditioning with the alignment benefits of yoga practice. Bring mind and body into harmony while toning your musculature and preserving bone density. Weight bearing positions apply correct force to muscles around the bones, promoting strength and encouraging maintenance of bone mineralization. Use breath and focus to work fully with decreased stress and injury. Please bring a mat and light hand weights (1 - 2 lbs.) to class.

January 22 - March 26 (No class February 19)

333501 A1 - M - 7:30 p.m. - 8:30 p.m.

Fee: R \$99 / NR \$117 - Nine classes



BACK BY POPULAR DEMAND!!



WEIGHT WATCHERS

Weight Watchers is coming to the Vienna Community Center! Open to the public every Tuesday beginning **November 14th**. Weigh in begins at 11:45am and the meeting starts at 12:15pm. Pre-pay is now available including Weight Watcher's newest monthly pass (with free E-tools). Come lose weight before the holidays. Visit one meeting for free. For fees and additional information please call 1-800-651-6000 or visit www.weightwatchers.com

Adult/Fitness

ADULT FITNESS



AEROBICS s/c

Instructor : Nina Crissey (AFAA certified with over 20 years experience)

This fun and challenging class is designed to increase cardiovascular fitness along with developing tone through muscular conditioning. This low-impact, high intensity workout is designed to meet the needs of all levels of fitness. This one-hour workout consists of 40 minutes of aerobics including stand-up toning exercises and 20 minutes of floor work concentrating on abdominal muscles and legs. Enjoy top 40, classic rock and high energy favorites while you get in great shape. Men and women are welcome. Please remember to bring a water bottle and towel or mat. For more information please call Nina @ 703-255-6630.

December 28 – March 29

(No class February 22 and March 15) January 9 and 11 class will be held on the upper level.

Fee: R \$225 / NR \$250 – Twenty-five classes

333020 A1 – T/TH - 6:00 p.m. – 7:00 p.m.

December 28 – March 29

(No class February 22 and March 15) January 9, 11 class will be held on the upper level, January 18, 25 class will be held in Gymnasium from 7:30 pm to 8:30 pm.

333020 B1 – T/TH - 7:15 p.m. – 8:15 p.m.

Fee: R \$225 / NR \$250 – Twenty-five classes

December 30 – March 31

(No class February 24 and March 17)

333020 C1 – S - 8:30 a.m. – 9:30am

Fee: R \$108 / NR \$120 – Twelve classes

JAZZERCISE s/c

Teens and Adults

Instructor: Joan Brown

The original dance exercise phenomenon! Each 60 minute class offers a blend of jazz dance and exercise science choreographed to today's hottest music, including Top 40, jazz country, funk and classics. Easy to follow fun choreography includes a gentle warm up, 30 minute aerobic workout, muscle toning and strengthening segment with weights, and a stretch finale. To register call 703-802-1483.

M/W/F - 9:30 a.m. - 10:30 a.m.

M/W - 6:30 p.m. – 7:30 p.m.

Fee: \$6 per class for multiple classes;
\$10 per class for walk in.

JAZZERCISE ON THE LIGHTER SIDE s/c

Teens and Adults

Instructor: Joan Brown

Fitness that's not intimidating, just invigorating! This 60-minute class pairs moderate aerobics with exercises that are designed to improve strength, balance and flexibility using easy-to-follow movements. Whether you are a beginner, newcomer, a senior, pregnant, significantly overweight, or otherwise physically restricted, you can't go wrong with this popular light version of the original Jazzercise program. For more information Call 703-802-1483 to register.

T/TH - 5:45 p.m. - 6:45 p.m.

Fee: \$6 per class for multiple classes;
\$10 per class for walk in.

CLASS REGISTRATION DATES

Town of Vienna Residents

Walk-in/Mail-In: Begins October 28

8:00 a.m. - 11:00 a.m.

Non-Residents

Walk-in/Mail-In: Begins November 3

INDOOR STROLL'N SHAPE

Instructor: Sharon Turner, ACE Certified Personal Trainer and Group Fitness Instructor

Indoor Strollercize is a unique new exercise program for mothers and their babies between the ages of 2-12 months. It features a total body workout in a comfortable baby friendly environment. The workout includes interactive exercises with mom and baby using Pilates techniques. Strength and muscle conditioning is the focus using equipment which will be provided. There will be an added emphasis on regaining core strength. Please bring a mat and towel to class.

December 20 – March 7

303050 A1 – W - 9:00 a.m. – 10:00 a.m.

Fee: R \$120 / NR \$138 - Twelve classes

Adult Fitness



ADULT FITNESS

VIENNA FITNESSAGE CHALLENGE

Ages: 25 – 55

Instructors: John Mays and Nathan Greiner (certified personal trainers)

The time to get fit is now, according to the Center for Disease Control, 65% of American adults are overweight or obese. Don't be a statistic, instead try out this comprehensive group fitness program for men and women aged 25 – 55! This program is designed to promote community fitness goals and give participants all of the benefits of individualized personal training combined with the motivational support of group training. This program will include complete FitnessAge© assessments to determine beginning data and chart your progress in the areas of strength, flexibility, bodyfat levels, and cardio performance. Weight training, dietary planning, cardiovascular training, and flexibility training will be used, and Presidential Active Lifestyle awards will be presented for healthy lifestyle changes!

November 20 – December 15 (No class November 24)

333429 A1 – M/W/F - 6:00 a.m. – 7:00 a.m.

January 8 – February 2

333429 B1 – M/W/F - 6:00 a.m. – 7:00 a.m.

February 12 – March 9 (No class February 19)

333429 C1 – M/W/F - 6:00 a.m. – 7:00 a.m.

Fee: R \$149 / NR \$169

WOMEN'S WINTER RUNNING CLUB

Ages: 16 and up

Instructors: Certified ConnectMove Transform Coaches

Commit to running consistently this coming year and let our running club help you reach your goal! This casual running club meets twice a week to run 3 miles and features runners with a variety of skill levels and paces. It is a non-competitive, recreational club for women that offers great rewards in terms of fun, friendship, and improved fitness. Not sure a running club is for you? Feel free to join us any Tuesday or Thursday to give it a try before you register and the new session begins. Also, to inquire about special rates available with our annual running club membership, please call 703-938-7458.

Must bring water bottle and wear a good pair of *running* shoes. Meet near the front door to the Community Center, next to the bike path. Sessions also held in light to moderate rain.

January 2 – March 22

333704 A1 - T/TH - 5:45a.m. – 6:45a.m.

Fee: R \$175 / NR \$192 – Twelve weeks



INDOOR TENNIS EVERYONE!



Location: Vienna Community Center Gymnasium

Looking for an affordable way to improve your tennis this winter? In their supportive, fun, and friendly style, USPTA certified instructors Gregg Deinhart and Stephan Schlagenhauff will teach the fundamentals of tennis in a gym setting. Co-owners of the FirstServe Tennis Academy (FSTA), Gregg and Stephan provide year round instruction for the Town of Vienna tennis program. The indoor program is a great way to keep skills sharp or to get a head start on next spring. Adult, youth and tot classes will be offered.

Even if you*Contact FirstServe Tennis Academy for advice on purchasing an appropriate racket.*

FirstServe Tennis Academy 571-217-1684 / 703-867-1970

info@tenniseveryone.net

www.tenniseveryone.net

Even if you have never played before, haven't picked up a racket in years, or are hampered by a pesky problem that keeps you from improving, you are just a few hours of FSTA instruction away from developing a lifelong love of tennis.

ADULT CLASSES

Adult Rallyball One

Learn the fundamentals of your strokes using fun, foam rallyballs

January 10 – February 7

334040 A1 – W - 2:00 p.m. – 3:00 p.m.

Adult Rallyball Two

Develop stronger, more reliable strokes using fun, foam rallyballs

334040 B1 – W - 3:00 p.m. – 4:00 p.m.

Fee: R \$99 / NR \$114 – Five classes